

October 2020

EMS COUNSELOR NEWSLETTER



Gloria Rizzuto-Shea - 7th Grade Counselor

grizzutoshea@pvlearners.net 602-449-4213

Mrs. Shea's Website

Joel Newbury - 8th Grade Counselor

jnewbury@pvlearners.net 602-449-4214

Mr. Newbury's Website

Grace Wallace - Social Emotional Learning Specialist

grwallace@pvlearners.net 602-449-4200

Ms. Wallace's Website



Supporting Distance and In-Person Learning

As we begin to approach in-person learning, it is important to note all students are able to connect with Explorer's counseling team. In-person meeting options will be available for students attending in-person learning. Meetings through Google Meets will be available for PVConnect students.

Students wishing to request a meeting with the Explorer Counseling team can click [here](#) to schedule an appointment (this link is available on the front page of Explorer's website as well).

Resilient Arizona Resource

Resilient Arizona, Crisis Counseling Program (CCP) a free and confidential resource available to all state residents impacted by the COVID-19 pandemic. The goal of the program is to assist individuals and communities in recovering from the psychological effects of the pandemic through community-based outreach, emotional support and educational services. By calling 2-1-1, an individual can connect with a Crisis Counselor who is there to provide supportive crisis counseling, education, development of coping skills and/or linkage to appropriate resources. Please note that Crisis Counseling differs from typical Mental Health treatment as it seeks to prevent the onset of diagnosable disorders by helping individuals understand they are experiencing common reactions to extraordinary occurrences. There are no documented case notes, and Crisis Counselors are available for individual or group counseling sessions, where people are encouraged to talk about their experiences and they receive information on ways to manage stress.

Family Involvement Center (FIC) is a proud Resilient Arizona provider! Resilient Arizona is a federally-funded program that provides 100% free short-term, incident specific, intervention-style crisis counseling to promote resilience and recovery from COVID-19 related stressors. Visit www.ResilientArizona.org for more information.

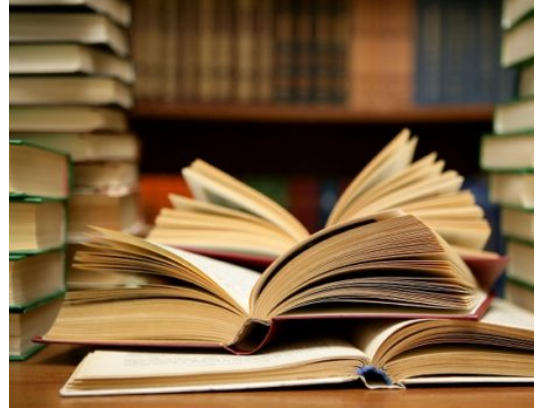
Virtual Chew Crew

The counselors have a weekly "Chew" Crew during lunch on Tuesdays. Students play games, meet new friends and just hang out! Currently, this group is held virtually.



Tutoring Lists Available

If your student is in need of a tutor, please email your child's counselor. We now have lists of tutors in the area willing to tutor at a negotiated price.



10 Things You Can Do To Prepare for In-Person Learning

1. Practice Good Hand Hygiene With Your Child
2. Practice Wearing a Face Mask
3. Practice Maintaining Six Feet of Distance
4. Have a Supply of Face Masks
5. Purchase a Thermometer
6. Update Immunizations and Physical Exams
7. Consider Aerosol Medicine Alternatives
8. Purchase a Reusable Water Bottle
9. Verify/Update Emergency Contacts
10. Stay Informed with Reliable Sources



[Click Here for the Full Article](#)

Confidentiality:

A counseling relationship requires an atmosphere of trust and confidence which must not be compromised by the counselor except where there is a clear and present danger to the counselee or to other persons. The School Counselor may share information gained in the counseling process for essential consultation with other appropriate persons specifically concerned with the student.